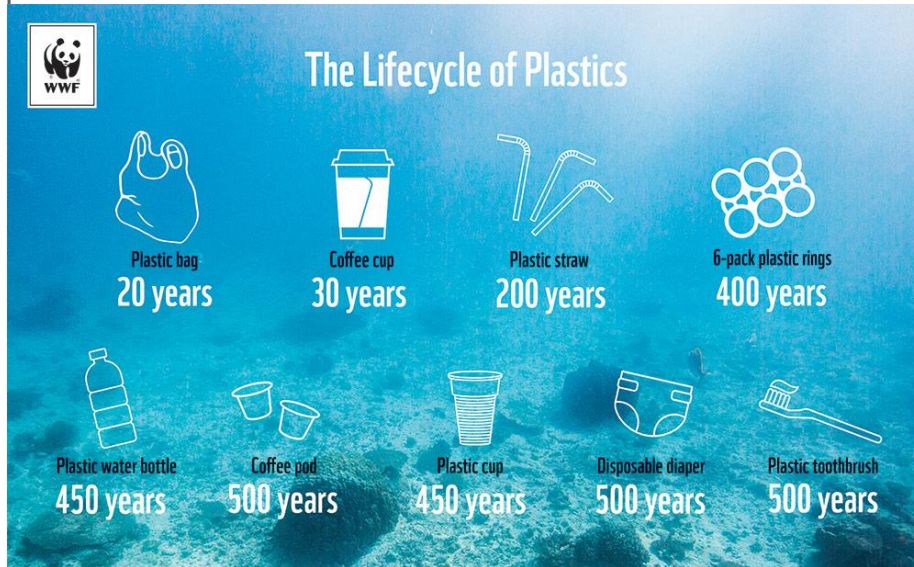


## How to Reduce Plastic and Help the Environment

### What is the problem with plastic anyway?

Plastic is a problem because it doesn't breakdown so it stays in our environment for hundreds of year. It also contains chemicals that harm our health and planet.



Ref [www.wwf.org.au/news/blogs/the-lifecycle-of-plastics](http://www.wwf.org.au/news/blogs/the-lifecycle-of-plastics)

Wildlife can get tangled in it and it is found in their stomachs, tiny pieces of plastic are found in practically everything.

'A truckload of plastic enters the ocean every single minute and UK supermarkets produce 800,000 tonnes every year'

([www.greenpeace.org.uk/challenges/plastic-pollution](http://www.greenpeace.org.uk/challenges/plastic-pollution))

And it's not just obvious plastic like bottles, but many other things for example tea bags, clothes and cosmetics.

### What can we do to help?

We can shop smartly and look to reduce what we use. Here are the 6 R's -

**Reduce**

How can we reduce our waste and packaging?

**Rethink**

Is this really needed, can I find something more sustainable?

**Recycle**

Is it recyclable? Many plastics are not, and all plastic can only be recycled so many times

**Reuse**

Can it be used as something different?

**Refuse**

Can you refuse the packaging?

**Repair**

Can it be repaired?

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Some ideas for reducing plastic

# WASTE LESS PLASTIC

Refusing to use plastic wherever you can is a great first step to cutting down on plastic pollution. Here are our top tips:



1 Bring your own bottle



2 Bring your own bag



3 Bring your own cup



4 Bring a packed lunch



5 Use a cloth not a wipe



6 Say no to plastic straws



7 Choose loose fruit & veg



8 Choose glass packaging



9 Recycle your plastic waste



Find out more ways to cut down on plastic  
[www.tamworth.gov.uk/wasteless](http://www.tamworth.gov.uk/wasteless)

Tamworth  
Borough Council

[www.tamworth.gov.uk/top-tips-how-use-less-plastic-part-new-campaign](http://www.tamworth.gov.uk/top-tips-how-use-less-plastic-part-new-campaign)

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## Other things to explore

### Take the hidden plastic quiz

<https://act.friendsoftheearth.uk/thanks/hidden-plastics-quiz>

### Look at some websites

[www.greenpeace.org.uk](http://www.greenpeace.org.uk)

[www.earthday.org](http://www.earthday.org)

### Look at a more detailed toolkit such as 'Plastic Pollution Primer and Action Toolkit Reduce END PLASTIC POLLUTION EARTH DAY 2018'

[www.earthday.org/our-toolkits/](http://www.earthday.org/our-toolkits/)

### Join local groups

Kingston Environment Centre  
Sustainable Merton

[kingstoneco.org.uk](http://kingstoneco.org.uk)  
[www.sustainablemerton.org](http://www.sustainablemerton.org)

### Suggested Further Reading

([www.independent.co.uk/extras/indybest/books](http://www.independent.co.uk/extras/indybest/books))

**'Turning the Tide on Plastic: How Humanity (And You) Can Make Our Globe Clean Again', Lucy Siegle, published by Orion, £8.99**

**'How to Give Up Plastic: A Guide to Changing the World, One Plastic Bottle at a Time', Will McCallum, published by Penguin Life, £8.48**

**'Zero Waste Home: The Ultimate Guide to Simplifying Your Life', Bea Johnson, published by Penguin £9.99**

**'How to Live Plastic Free: A Day in the Life of a Plastic Detox', Luca Bonaccorsi and Marine Conservation Society, published by Headline Home, £9.35**

**F\*\*k Plastic: 101 Ways to Free Yourself from Plastic and Save the World, various authors, published Seven Dials, £5.24**

**'No. More. Plastic. What You Can Do to Make a Difference', Martin Dorey, published by Ebury Press, £4.89**

**'Plastic Soup: An Atlas of Ocean Pollution', Michiel Roscam Abbing, published by Island Press, £20 (hardback)**

**'How To Go Plastic Free (Eco Tips for Busy People)', Caroline Jones, published by Carlton Books**

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